

Positive Alternatives 2015 - 16 Quarterly Update

Grantee: Neighborhood House

Goal: To expand pregnancy and parenting support services for adolescent women

For the period: January – March 2015

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Provide direction, support, and guidance to grant funded staff; provide representation at required grantee meetings; Provide on-going reports as required; maintain data entry, data collection, and evaluation; work with staff to ensure expenses are within budget allowances		The Baby Talks team has regular monthly team meetings to talk specifically about the program goals, budget, data entry, outcomes, reports, etc. In addition, the Baby Talks team is also a part of a larger Youth Program team meeting that takes place monthly. This is to ensure larger collaborations are taking place and department wide information is shared. Budget revisions will be submitted to reflect carryover into 2015. The carryover will support the increase in number of group sessions and unduplicated participants with food, incentives, and transportation.	
Outreach/Hmong	Recruit program participants through internal program referrals, speaking to students at local schools, tabling at resource fairs and community organizations; communication with and posting fliers at neighborhoods, organizations and professional networking		Outreach conducted at Harding High School resulting in a total of 2 weekly groups: 1 at Harding High School, 1 on-site at Neighborhood House. Recruiting also conducted through visits at Health Start Clinics, WIC offices and Face2Face Clinic. Fliers were posted at different clinics and office locations as well. Networking through Wilder Foundation's Incredible Years also completed. Continued outreach through word of mouth and client referrals.	
Outreach/Latino	Recruit program participants through internal program referrals, speaking to students at local schools, tabling at resource fairs and community organizations; communication with and posting fliers at neighborhoods, organizations and professional networking		Outreach done through on-going participant word of mouth. Also outreach conducted with public health nurses as well mental health professionals in the Saint Paul area. Fliers posted at clinics and high schools with all program information. Phone calls and emails have been returned to individual teen mothers and/or their public health workers or nurses to get signed up for Baby Talks. A new weekly group will be starting at Harding High School in quarter 1 2015.	

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Car Seat Program/ Hmong	Provide car seat education to all program participants	9	Car seat education was provided through 1:1 case management, during home visits and post partum hospital visits. Car seat education was also provided in group at Harding High School and Neighborhood House.	P:10
Car Seat Program/ Latino	Provide car seat education to all program participants		Car seat education was discussed with participants during group sessions or individual home visits.	P:11
Case Management Services/ Hmong	Provide an individualized care plan with intake, assessment of needs, service planning, service plan implementation, service coordination, monitoring and following up; provide off-site visits, if needed	21	Case management was provided on-site at Neighborhood House and during home visits. Phone calls and text messages were used to relay information. Case management services included assistance with combined application, MNSure, and child support, shaken baby syndrome, and breastfeeding. Family planning and housing resources were also provided to participants.	P:7/C:31
Case Management Services/ Latino	Provide an individualized care plan with intake, assessment of needs, service planning, service plan implementation, service coordination, monitoring and following up; provide off-site visits, if needed		Case Management was provided with topics including car seat safety, nutrition, crib safety, shaken baby, how to exercise after birth, breastfeeding and bottle feeding information, MNSure, filling out child support documents, information on child care and how to apply, and WIC information. Teen mothers also needed assistance with housing and help with going back to school after maternity leave. Issues that also arised included how to report domestic abuse and finding local shelters in the area. Nutrition intakes and assessments were conducted and referrals were made. TPE did monthly follow ups to ensure Teen mother followed through with appointments.	P:15/C:41
Crib Distribution/ Sleep Safety Education: Hmong	Provide crib and safe sleep education to all program participants	9	Crib safety education was provided during group sessions as well as one-on-one during home visits.	P:9
Crib Distribution/ Sleep Safety Education: Latino	Provide crib and safe sleep education to all program participants		Crib and Sleep safety education was provided to participants this quarter either through group sessions or individual home visits.	P:10

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Life-Skills Education Program/Hmong	Address life skills education through weekly group activities and sessions during the school year; additional field trips during the summer and one-on-one case management year round	108	Life-skills education was provided through weekly group meetings and 1:1 case management. Activities included nutrition, assistance with applications and school readiness. Education included information regarding building healthy relationships, parenting styles, attachment styles, college/career planning and family planning. Increase in numbers due to additional groups at Harding high school. These groups are structured as an 8 week curriculum.	P:9/C:67
Life-Skills Education Program/Latino	Address life skills education through weekly group activities and sessions during the school year; additional field trips during the summer and one-on-one case management year round		Life skills education was covered this quarter through weekly group and home visits. Some topics covered were help with MN Sure, help with filling out child support documents, county documents, information on child care and how to apply, WIC information. Questions regarding housing and help with going back to school after maternity leave, finding low cost clinics and dentist for those who do not qualify for MN Sure. How to make an appointment and how and who to call to use you insurance to get transportation to appointments. Also nutrition was covered as a life skill.	P:22/C:45
Nutrition/Hmong	Provide nutrition education for teen parents; provide nutritional resources, referrals, and follow-ups through case management and assessment	9	Participants reviewed healthy recipes and read nutrition labels. Participants practiced cooking healthy meals during weekly group meetings. Participants took the pre and post test for nutrition. Unanticipated increase in number due to offsite groups since nutrition is required as part of the 8 week curriculum.	P:9/C:49
Nutrition/Latino	Provide nutrition education for teen parents; provide nutritional resources, referrals, and follow-ups through case management and assessment		Participants are offered a healthy snack every group session as well nutrition education as least 2 times every quarter. This quarter nutrition pre assessments were completed for every participant in the program. Participants were asked what questions they had regarding nutrition. These will be answered the following quarter. Reading nutrition labels was covered this month as well as some ideas of healthy recipes we can cook as a group.	P:22/C:30
Parenting Education/Hmong	Address parenting skills through weekly group activities and sessions during the school year; additional field trips during the summer and one-on-one case management year round	108	Parent education was provided through weekly group meetings and 1:1 case management. Activities included recognizing violence and healthy relationships, breastfeeding, nutrition, car seat safety, crib safety, shaken baby syndrome and self care. Increase in numbers due to additional groups at Harding and LEAP high schools. These groups are structured as an 8 week curriculum.	P:9/C:65

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Parenting Education/Latino	Address parenting skills through weekly group activities and sessions during the school year; additional field trips during the summer and one-on-one case management year round		Parenting education was covered this quarter through group and/or home visits. Topics covered this quarter were includes crib, car seat and shaken baby safety, breastfeeding overview, baby teething, discipline, talk about babies and TV. On-going conversations took place about nutrition for babies and how culture impacts nutrition. Teen mothers were interested in WIC and what services they offer to parents.	P:12/C:34
Provide Necessary Services Assessments Only	Staff provides clients only intake assessments, information on, referral to and assistance with securing necessary services	3	One client was referred due to homelessness. Client was currently pregnant and has a 1 year old child. She was referred to Ramsey County housing. Other 2 clients attended group once and never returned. All 3 clients denied additional services at this time.	3
Transportation	Provide transportation services to participants to enable participation in program activities	9	Transportation was provided to and from group this quarter.	Hmong P:4/C:14 Latino: P:/C:

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	0
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	10
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	6
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	5
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	0
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	9

Challenges: Hmong: Challenges for the first quarter of 2015 included the cold weather and children often being ill. On days with cold weather advisory the group was either cancelled or few participants showed up. Many clients also had children who were hospitalized

due to the flu or dehydration. This decreased the number of participant engagement. **LATINO:** Challenges this quarter were mostly due to attendance. Some topics shared were great but TPE wished more participants were in attendance to learn. TPE felt case load was at capacity this month. Some participants will be ending case management in January; this will help to lessen the case load and be able to provide more home visits to participants.

Comments: Hmong: Parenting groups at Harding have begun at the end of the quarter. Due to finals and Spring Break, there has been low attendance. Parent educator will continue to provide parenting support throughout end of the school year. **LATINO:** The following quarter TPE will be on maternity leave but Hmong TPE will be having in house joint groups with both Hmong and Latino teen mothers. Case Management number will be lower next quarter due to maternity leave.